ROAR STREET JOURNAL
A Little Rest Goes A Long Way

Originally, I wanted to take a break for this episode.

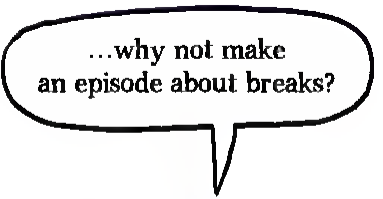
Because of all sorts of things, people

and responsibilities in life...

...or maybe I'm trying to be lazy.

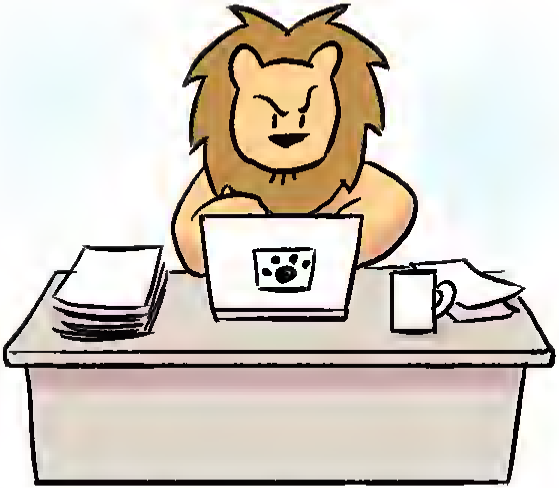
I guess I just wanted to take a day off on my birthday.
Because it's right on a comic deadline.

But being the responsible person I'm proud of...

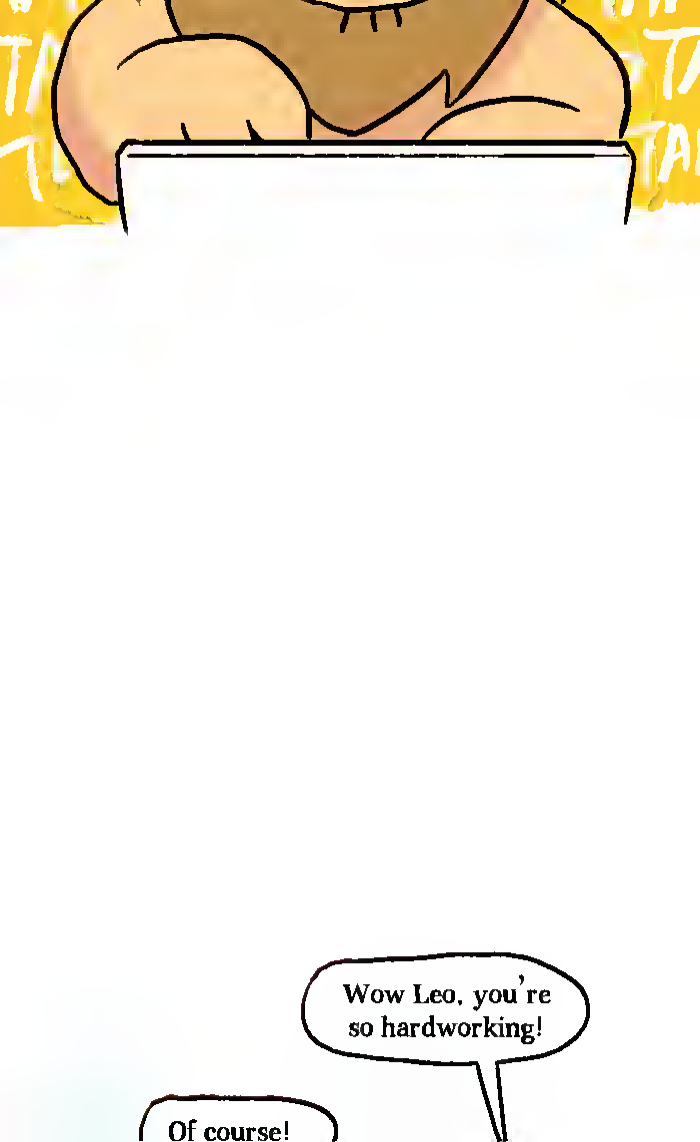

...why not make
an episode about breaks?

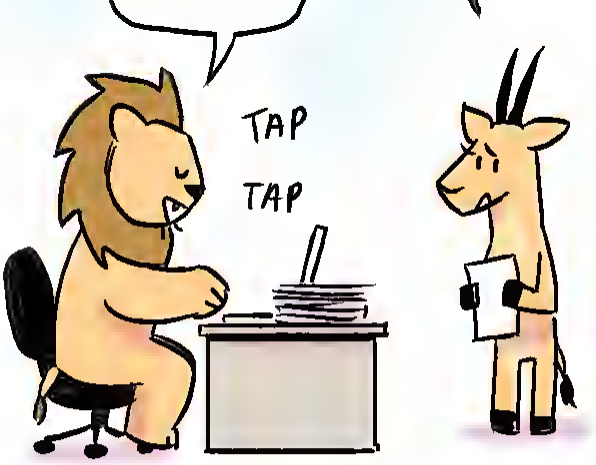
Snap

(Luckily I did not break my drawing pen in reality.)



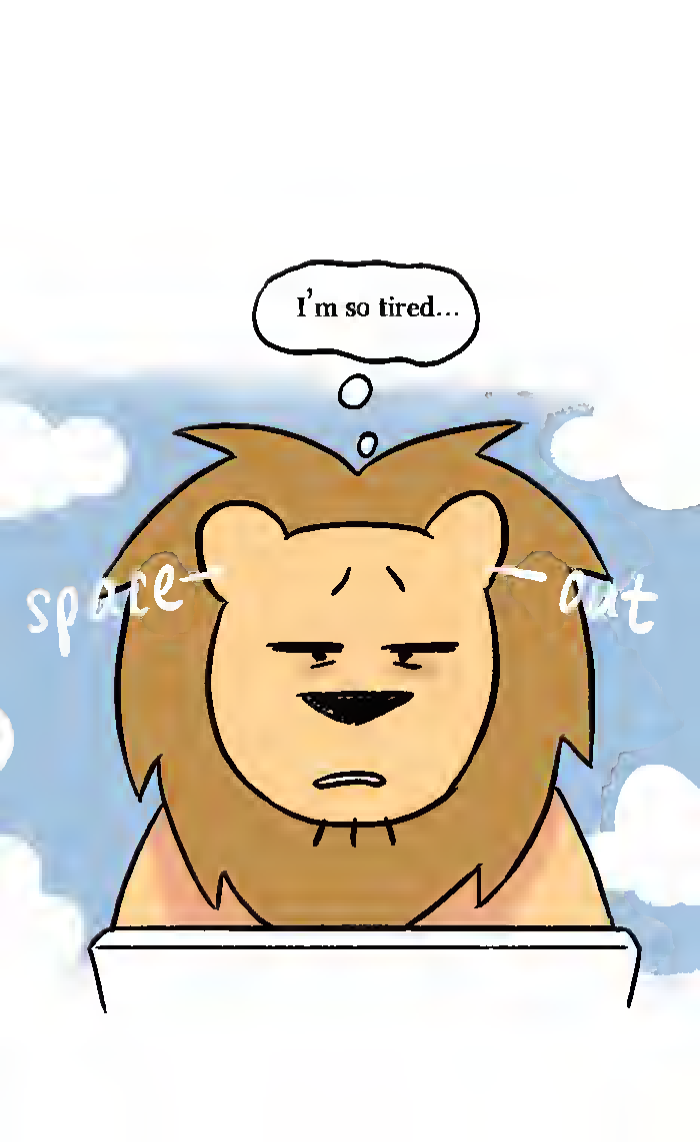
Sometimes, we think working nonstop is great.


Wow Leo, you're so hardworking!
Of course!


TAP
TAP

Worked for the whole day.
I got so much done!

But many times, the fact is...


I'm so tired...
space-
-out

Don't wanna work...

How can I worked for the whole day and got so little done?!

Where have all my time gone?

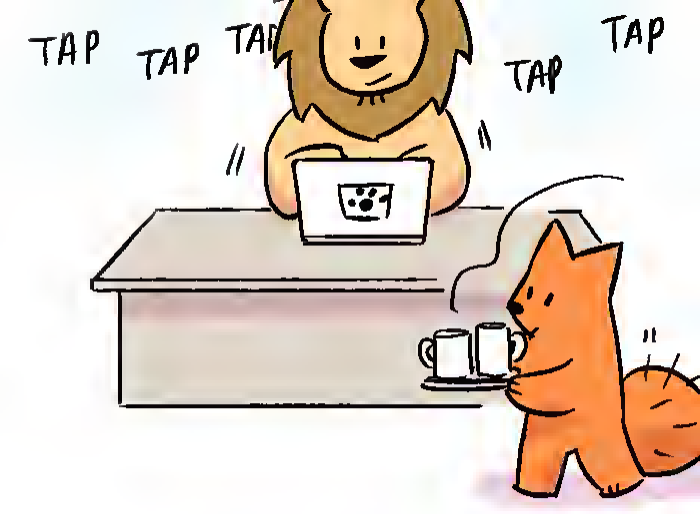
We are not build to work nonstop for long hours.

taking a walk

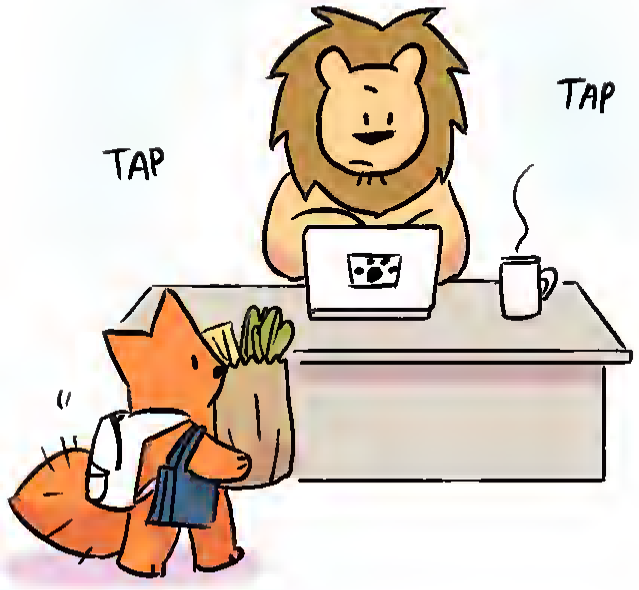
Our concentration has a limited time.

30 minutes

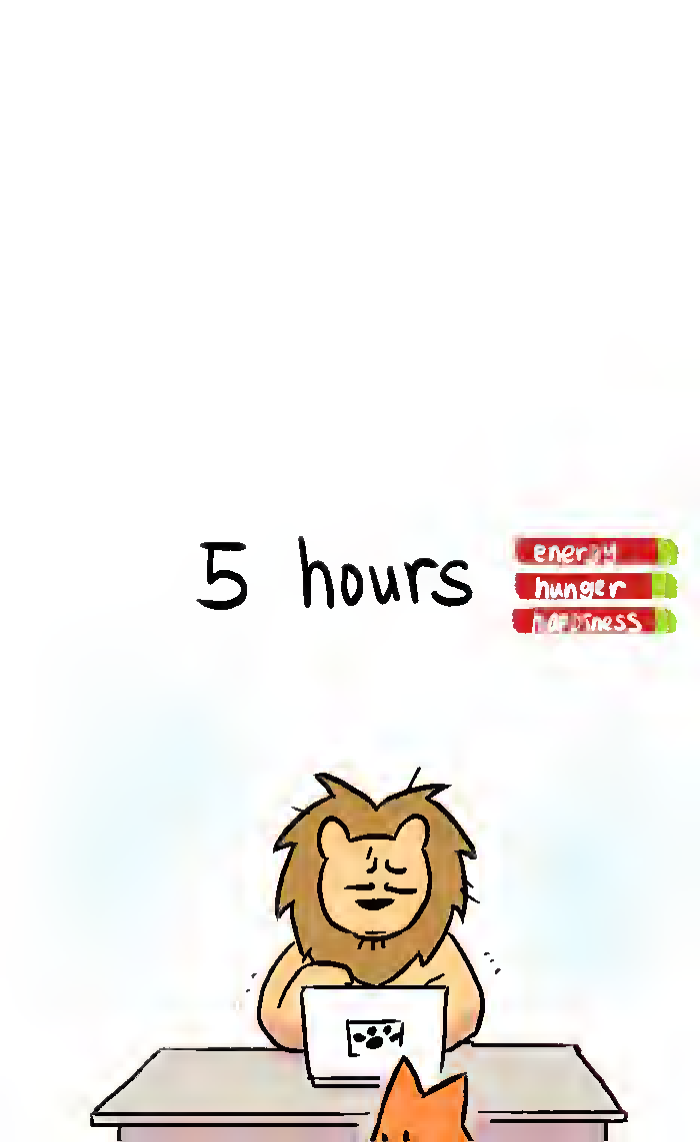
1 hour


TAP
TAP
TAP
TAP
TAP

2 hours



5 hours

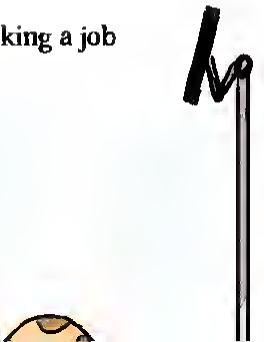


Except Foxy who constantly
switch tasks

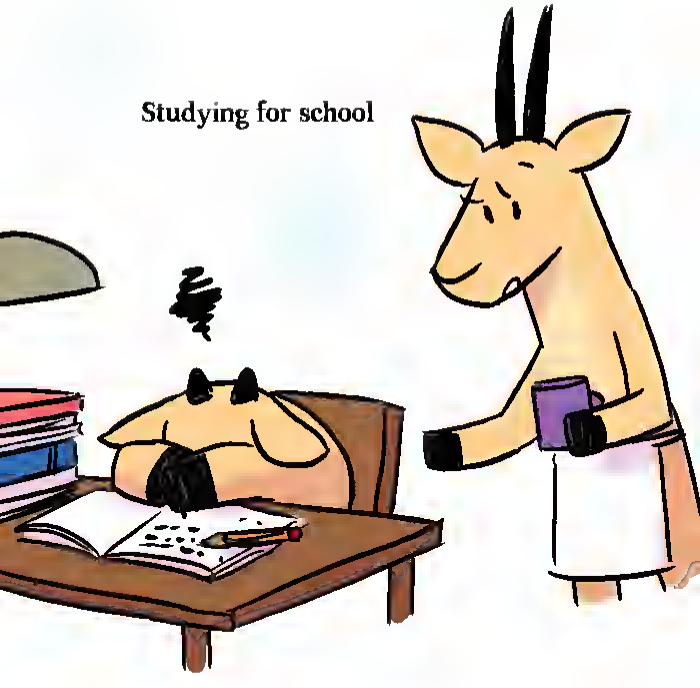
If you got burnout from work,

it takes a lot of effort to get back on track.

Whether we are working a job

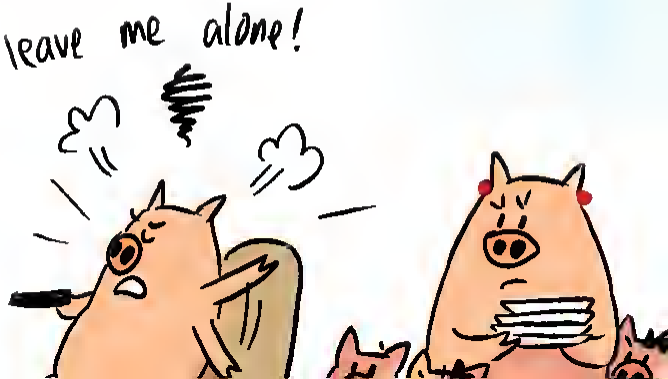


Studying for school



Exercising for health goals

Taking care of others



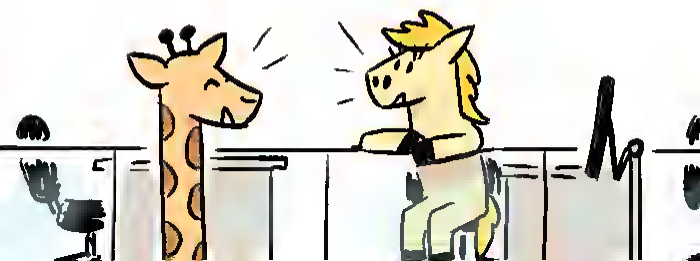
Or even loving each other

you are too slow!
you are too fast...
!....

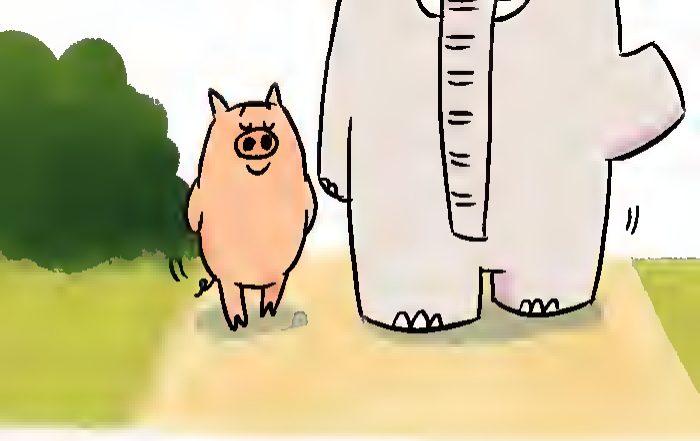
Taking short breaks can help us concentrate better,

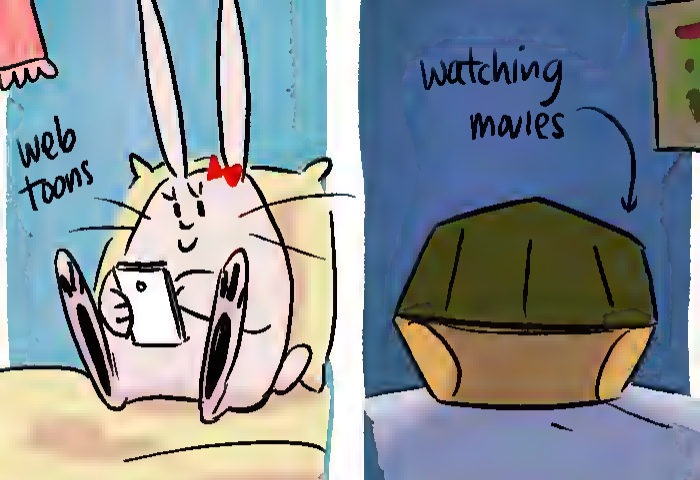
making work easier and more bearable.

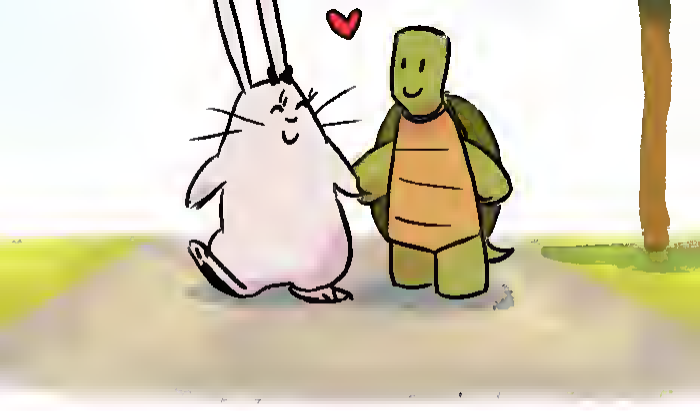
(Even enjoyable)



for you!




web toons
watching movies



A little rest goes a long way.

ROAR STREET JOURNAL

To all the artists churning out comics

day after day, remember to take breaks!

Instagram: Bonniepangart
Facebook: BonnieEEP
Twitter: Bonniepangart

www.bonniepangart.com